

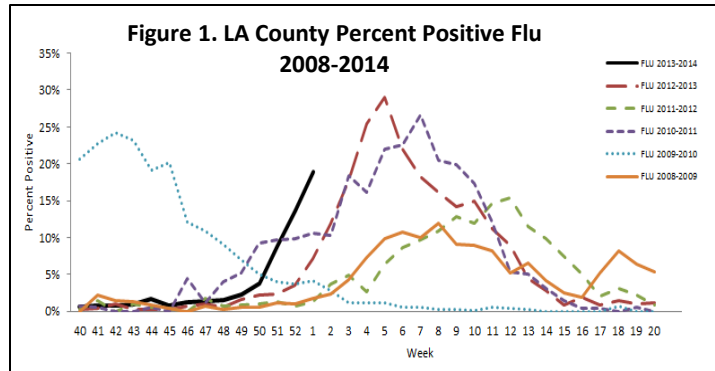
Sharp Increases in Influenza Activity in Los Angeles County

Locally, percent positive lab tests of influenza have risen steadily over the past month and have jumped to 18.6%, up from 13.5% the previous week and 8.7% the week before that (Table 1). Relative to last year, the 2013-14 influenza season appears to be starting earlier, however an earlier season does not necessarily mean a more severe season (Figure 1).

Table 1. LA County Surveillance Summary 2013-2014

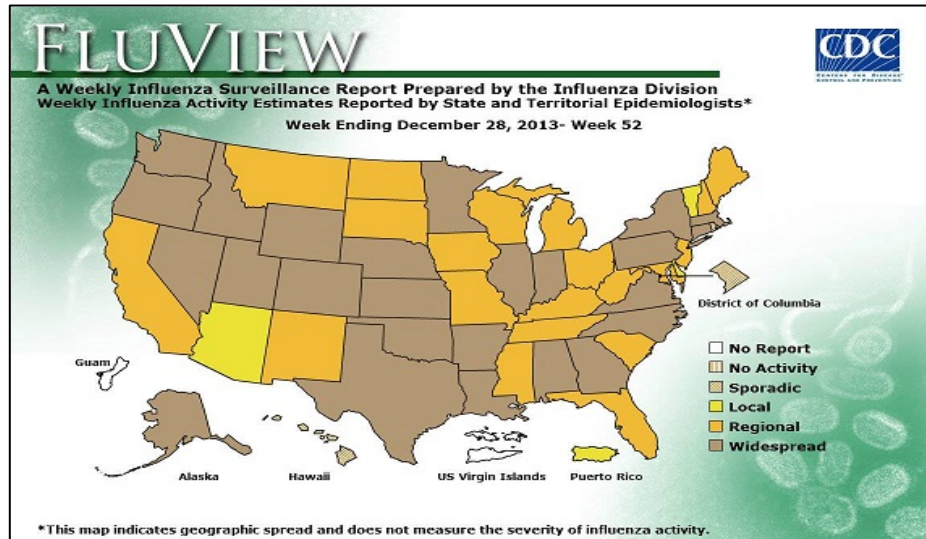
LA County Surveillance Summary	Week 1 12/29/13-1/4/14	2013-14 YTD (9/1/13-Present)
Positive Flu Tests/Total Tests† (Percent Positive Flu Tests)	222/1170 (19.0%)	575/12241 (4.7%)
Percent Flu A/B	99/1	98/2
Community Respiratory Outbreaks	0	3
Flu Deaths, Confirmed††	2	6
Pediatric Flu Deaths	0	0

†Sentinel sites (9 participating)
 ††Confirmed influenza death is defined by a positive lab test, compatible symptoms, and clear progression from illness to death



H1N1 Predominant Strain

The Center for Disease Control (CDC) is reporting that flu A H1N1 2009 is the dominant strain currently this season which is the same strain that appeared during the 2009-10 pandemic (commonly known as swine flu). H1N1 tends to affect children and young adults disproportionately and can cause severe disease in otherwise healthy individuals. This strain is currently included in the seasonal influenza vaccine for 2013-14 (and has been for the past 3 years) which should be further encouragement for all who are eligible to get their flu vaccine as soon as possible. Type A is the major strain in LAC, most likely H1N1 which has been circulating yearly since its emergence in 2009.



*This map indicates geographic spread and does not measure the severity of influenza activity.
 Flu activity is increasing and has reached regional or widespread levels in most states. Levels might continue to rise since flu typically peaks in February.

Antivirals for Influenza

Antivirals are recommended for those with confirmed or suspected influenza and are most effective if administered as close to onset of symptoms as possible. Antivirals can help relieve influenza symptoms and reduce the duration of illness and further complications if administered as soon as symptoms arise, ideally within 48 hours of onset.

For CDC recommendations on antivirals: <http://www.cdc.gov/flu/professionals/antivirals/>